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DOCTOR, WHO ARE YOU REALLY?
DR. OZ PRACTICES YOGA, SNACKS ON CASHEWS AND PRAISES HIS WIFE'S VEGETARIAN COOKING. IS HE HUMAN? PAGE 12

Artists regale belugas with bluesy tunes

Winnipeg artist Laura Magnusson sings to a beluga whale during one of her and fellow artist Kaoru Ryan Klatt's trips to the Churchill River. The three-year art project is culminating this summer with an underwater concert series featuring 10 other artists.
KAORU RYAN KLATT/FOR METRO

Churchill River. Project aims to 'expand art beyond human borders to non-human beings'

SHANE GIBSON
shane.gibson@metronews.ca

Two Winnipeg artists are on the northern-most edge of Manitoba this summer to organize a concert series that promises to really whale.

Literally.

Laura Magnusson and Kaoru Ryan Klatt left for Churchill last week with a specially crafted "sculptural sea vessel" — complete with a stage and an underwater speaker system — to stage performances for thousands of beluga whales on the Churchill River estuary.

"We're fostering ties between humans and belugas," explained Magnusson, who's traveled with Klatt to Churchill for the past two summers to sing and talk to whale pods. "This is the last hurrah, so for 75 days we're going to build a sustained but non-invasive presence on the Churchill River to see what happens."

This trip has grown from the pair's first two trips alone in a canoe with a homemade underwater speaker to include performances by 10 other interdisciplinary artists.

A special underwater microphone will record and playback the response they get from their audience.

"We can hear the whales and have this sort of sonic dialogue," said Magnusson.

Both artists said they've been amazed at the response they've received from the whales over the years, and pods of whales can be seen following their boat in videos they've posted to youtube of their previous trips. "Maybe this year we can join a whale pod," laughed Magnusson.

Follow Klatt and Magnusson's adventures and learn more about their WHALE art group at becomingbeluga.com.

Becoming Beluga

Klatt, who is also filmmaker for the Natural Resources Institute at the University of Manitoba, is shooting a feature film called Becoming Beluga during the trip, which will document the artists' interactions with the whales.

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Private member's bill

Manitoba Tories table their own cyberbullying plan

Manitoba's Conservatives are countering the provincial government's contentious anti-bullying legislation with a bill of their own that would crack down specifically on cyberbullies.

Education critic Kelvin Goertzen tabled a private member's bill Wednesday that would strip bullies of their computers or cellphones and allow victims to get protection orders. The bill would also put greater responsibility on parents to act if they knew their children were involved in cyberbullying, by threatening them with fines.

"We've seen legislation like this, in the Maritimes for example," Goertzen said. "There are other states in the U.S. that have elements of this kind of legislation and I think it's something that can have an impact." THE CANADIAN PRESS

Summer repairs

Arlington Overpass to close until Aug. 31

An important bridge in northwest Winnipeg is shutting down for repairs for the summer.

On Wednesday, the City of Winnipeg said it was closing the Arlington Overpass over the Canadian Pacific Railway tracks to vehicular traffic starting at 6 a.m. on Monday until 6 a.m. on Aug. 31. METRO

City backs ban on exotic circus animals

'Right thing.' Pet ownership bylaw now moves on to council

JOHN TOWNS
winnipeg@metronews.ca

Despite the threat of legal action, the city's executive policy committee (EPC) has approved all parts of the city's much-debated Responsible Pet Ownership Bylaw and will send it forward for a full council vote.

EPC members listened to more than a dozen delegates from various groups speak on issues surrounding the bylaw — primarily the proposed licensing of cats, the rules surrounding exotic reptiles, and keeping chickens on land not zoned agriculturally.

Delegate Larry Solheim, general manager for TZ Productions, a circus production company that produces a number of circuses including the Shrine and Royal Canadian Circus, appeared before EPC to discuss the portion of the bylaw that bans exotic animals in circuses.

He said his organization would be prepared to fight a ban in court.

"If it's passed here, as written, I believe the bylaw will be challengeable ... and we're prepared to take that action," Solheim told EPC, noting that three bans on exotic animals in Ontario jurisdictions have been previously overturned on the grounds that performing with animals constitutes a form of expression protected under Canada's Charter of Rights and Freedoms.

Elephants, like Marie and Shelly pictured in a photo from TZ Productions with Erica Zerbini, will be among those banned as part of the Responsible Pet Ownership Bylaw. CONTRIBUTED

Mayor Sam Katz told Solheim that the threat of legal challenges will not prevent council from trying to "do the right thing."

Winnipeg Humane Society CEO Bill McDonald said he questions the methods used to train circus animals, and slammed Solheim for sinking to "a new low" by threatening legal challenges to the bylaw.

The bylaw will face a full council vote next Wednesday.

Corydon welcomes new development

Corydon Avenue BIZ welcomed a number of trendy new in-fill housing developments into the neighbourhood Wednesday.

The 13 new buildings, with 125 condominiums, are scattered throughout residential streets in the Corydon and Osborne Village areas, and are each designed to blend in with neighbouring houses, said architect Ernie Walter.

"Down the street you've got a whole series of beautiful look-a-like homes from the 1920s, and we've repeated that," said Walter while touring one of the new units in the 600 block of Jessie Avenue that he liked so much he moved there. "The idea is that it's new, but it sure looks right from the street."

Architect and developer Ernie Walter SHANE GIBSON/METRO

The developments, called Altro off Corydon, were designed and developed by Walter and his son Yaron, who own Studio Walter/Walter International.

The units range in size from 800-square-feet to 3,000-square-feet and will sell for between $280,000 and $750,000.

"Times are changing and so is Winnipeg," said Craig Kitching, president of Corydon Avenue BIZ. "The suburban trends of the '80s and '90s are being replaced by qualitative in-filled housing projects designed to integrate into mature neighbourhoods.

"Corydon is a neighbourhood in transition with revitalization happening at every corner."

Construction on two of the developments is complete, and around 30 units have already been pre-sold. All of the buildings should be finished by 2015, said Walter. SHANE GIBSON/METRO

On the web

For more information on Altro off Corydon go to altrocorydon.com

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CEO called a 'murderer'

Lac-Mégantic disaster. Railway chief receives nothing but venom after coming to town

Jeers and icy stares greeted the head of a railway company as he arrived Wednesday with a police escort to visit the small Quebec community shattered by disaster.

Lac-Mégantic resident Raymond Lafontaine, whose son and two daughters-in-law are among the 50 missing, couldn't conceal his anger.

"I wanted to see my children's murderer," Lafontaine said. "And I wanted to see the murderer of other people from here who didn't ask to die."

Lafontaine said he's been contacted by people offering to pay cash to use his equipment to have the train tracks ripped from the ground.

Ed Burkhardt's arrival in Lac-Mégantic was a hot topic among residents, but only a dozen or so gathered to watch the president of the Chicago-based Rail World Inc. as he was cornered by reporters.

One man blamed the modest turnout on Burkhardt, accusing him of slinking in the shadows to avoid facing a potentially angry crowd.

"When someone's guilty, they hide," said Bruno Huot.

What residents lacked in numbers, they made up in indignation, with some hurling insults at the man they held responsible for the loss of their homes and loved ones.

Burkhardt's comments at the news scrum, held in the middle of a street, were at times drowned out by hecklers.

Among them was Huot, who shouted a string of swear words and called Burkhardt a murderer.

One onlooker demanded that he visit the site that used to be Lac-Mégantic's downtown.

The railway boss explained that he'd stayed in Chicago to deal with the crisis from his office, where he was better able to communicate with insurers, the media and officials in different places during what he described as 20-hour work days.

His apparent contrition seemed to fall on deaf ears.

"It actually makes us more angry that he's here because I think he's shameless," said teenager Alyssia Bolduc.

THE CANADIAN PRESS

CEO's response

"I feel absolutely awful. I am devastated by what's happened."

Rail World Inc. president Ed Burkhardt

Ruin and responsibility

Police set the official death toll to 20 on Wednesday and said another 30 people are missing and most likely dead.

- Rail World Inc. president Ed Burkhardt appeared to change his tune and take responsibility for the disaster, saying the handbrakes might not have been properly applied on the train.
- He promised an energetic response to the crisis, adding the company would partner with the Red Cross, insurers and governments to help fund aid and reconstruction.

A police officer prevents an angry resident from getting at Ed Burkhardt, president of Rail World Inc., who was speaking in Lac-Mégantic, Que., on Wednesday. RYAN REMIORZ/THE CANADIAN PRESS

Lego no-go hits man like ton of tiny bricks

A 63-year-old Windsor, Ont., man and avid Lego fan drove hours to the Vaughan Mills Legoland, only to be told he wasn't allowed in because he didn't have a child.

For years now, John St-Onge has been a big Lego fan. His interest was piqued when he started buying them for his children, and it continued to grow even after they grew up and moved away.

Today, St-Onge has more than 50,000 Lego blocks from more than 72 different sets, all documented and stored away in his home.

"What they do is only limited to your imagination," explains St-Onge.

He decided to make a trip to Legoland with his 30-year-old daughter Nicole on Saturday morning. But after a three-hour drive, the excited pair was told by staff that they wouldn't be allowed to go in without a child present.

Instead, Legoland has a once-a-month "adults night," during which all ages can enter without a child.

John St-Onge with his 2,300-piece "Robie House" Lego set. CONTRIBUTED/NICOLE ST-ONGE

But St-Onge was hopeful they'd make an exception, especially when he only wanted to see one thing.

"I said, 'All I want is to go out and take a picture of the skyline exhibit you have. You can escort me,'" he says.

They asked to speak to the manager, who they were told was too busy to meet them. St-Onge and Nicole drove home empty-handed.

"I didn't argue the point. I'm not going to make a scene," says St-Onge. "But it doesn't make you feel good. It makes you feel like you got a number on your back."

Nicole says the experience was "quite discouraging, quite upsetting, a little bit embarrassing. And my dad, he feels totally discriminated against."

Legoland has since been in contact with the pair. A representative apologized, but says they stand by their policies, which they explained were in place to protect the families that visit. They offered to plan a special day for St-Onge, but Nicole says the details were vague and they weren't sure what the friendly gesture would involve.

"We would love to go back, but it would be at their expense as a guest," she says. "I've already fronted the travel cost once, two free tickets just won't cut it."

PHOEBE HO/FOR METRO IN TORONTO

Bountiful, B.C.

Report filed on alleged sex abuse by polygamists

An RCMP report into possible sexual offences against children at a polygamous commune in southeastern B.C. has now been handed to a special prosecutor.

The Criminal Justice Branch says the Mounties expect to have more information in the coming months about the activities of individuals in Bountiful.

The branch says it will likely be several months before prosecutor Peter Wilson reviews all the documents and makes a final charge assessment about the offences, alleged to have occurred since the 1980s.

Wilson was appointed last year to review any evidence the RCMP collects and to consider charges that could include human trafficking, child exploitation and polygamy.

Two community leaders were charged with polygamy in 2009, but the charges were later thrown out. THE CANADIAN PRESS

Alleged abuse. RCMP did not fail woman who tried to hire hitman: Watchdog

A police watchdog says the RCMP did all it could for a woman who accused her husband of abuse and tried to have him killed, challenging a claim by the Supreme Court that the force ignored her pleas for help.

The Commission for Public Complaints Against the RCMP issued a review Wednesday into how Nova Scotia detachments handled complaints by Nicole Doucet in 2007 and 2008.

Ian McPhail, the commission's interim chairman, said investigators focused on claims that the RCMP didn't do enough to help the woman before she tried to hire a hitman to kill her ex-husband, Michael Ryan.

Doucet was arrested in 2008 when she tried to hire an undercover Mountie to kill Ryan. She said in court proceedings that he had pushed her, squeezed her neck, put guns to her head and threatened to kill her and their young daughter.

Doucet was acquitted in 2010 of counselling to commit murder when the trial judge found she was under duress due to abuse and was not receiving help from police.

Nicole Doucet THE CANADIAN PRESS FILE

She alleged that she sought assistance from police nine times, but was told they wouldn't help because they were deemed civil disputes.

The commission found the RCMP was not provided with enough information to act. The review says Doucet did not report any abuse to the agencies that came in contact with her, including Community Services, undercover police, a psychiatrist and several RCMP officers.

THE CANADIAN PRESS

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Egypt. Muslim Brotherhood leader targeted for arrest

Egypt's military-backed government tightened a crackdown on the Muslim Brotherhood on Wednesday, ordering the arrest of its revered leader in a bid to choke off the group's campaign to reinstate President Mohammed Morsi one week after an army-led coup.

The Brotherhood denounced the warrants for the arrest of Mohammed Badie and nine other leading Islamists for inciting violence Monday that left dozens dead, saying "dictatorship is back" and vowing it will never work with the interim rulers. THE ASSOCIATED PRESS

Morsi's status

Foreign Ministry spokesman Badr Abdel-Atti gave the first official word on Morsi in days, saying the ousted leader is in a safe place and being treated in a "very dignified manner." No charges have been levelled against him, Abdel-Atti said.

Army soldiers, background, defend the Republican Guard building in Cairo on Wednesday. HASSAN AMMAR/THE ASSOCIATED PRESS

Florida

Zimmerman trial winding down

Closing arguments are set to begin Thursday in a U.S. murder trial over a deadly confrontation between a neighbourhood-watch volunteer and an unarmed teen.

George Zimmerman's defence attorneys rested their case Wednesday. Zimmerman has pleaded not guilty to second-degree murder, saying he shot Trayvon Martin in self-defence during a scuffle in February 2012 in his gated community.

Some civil rights activists argued that the 44-day delay in arresting Zimmerman was influenced by Martin's race. Martin was black. THE ASSOCIATED PRESS

Accused Boston Marathon bomber pleads not guilty

Tsarnaev. Heavily guarded courtroom packed with victims, police, media and members of the public

A U.S. Marshals Service van, believed to be carrying Boston Marathon bombing suspect Dzhokhar Tsarnaev, arrives at the federal courthouse for his arraignment Wednesday in Boston. JOSH REYNOLDS/THE ASSOCIATED PRESS

His arm in a cast and his face swollen, a blasé-looking Dzhokhar Tsarnaev pleaded not guilty Wednesday in the Boston Marathon bombing in a seven-minute proceeding that marked his first public appearance since his capture in mid-April.

As victims of the bombing looked on, Tsarnaev, 19, gave a lopsided smile to his sisters upon arriving in the courtroom. He appeared to have a jaw injury and there was swelling around his left eye and cheek.

Then, after he leaned over toward a microphone and said, "Not guilty" over and over, he was led out of the courtroom, making a kissing motion with his lips toward his family as he left. His sister sobbed loudly, resting her head on a woman seated next to her. His parents remained back in Russia.

He faces 30 federal charges, including using a weapon of mass destruction to kill, and could get the death penalty if prosecutors choose to pursue it.

Tsarnaev looked much as he did in a photo widely circulated after his arrest, his hair curly and unkempt. He appeared nonchalant, almost bored during the hearing. The cast covered his left forearm, his hand and his fingers.

Quoted

"Just knowing him, it's hard for me to face the fact that he did it."

Hank Alvarez, a high school friend of Dzhokhar Tsarnaev

The April 15 attack killed three people and wounded more than 260. Authorities say Tsarnaev orchestrated the attack along with his older brother, Tamerlan Tsarnaev, who died following a shootout with police three days after the bombing.

Dzhokhar Tsarnaev was arrested on April 19 when he was found hiding in a boat in a suburban Boston backyard. He was initially charged in the hospital, where he was recovering from wounds suffered in a police shootout.

Prosecutors say Tsarnaev, a Muslim, wrote about his motivations for the bombing on the inside walls and beams of the boat where he was captured. He wrote the U.S. government was "killing our innocent civilians."

"I don't like killing innocent people," he said, but also wrote: "I can't stand to see such evil go unpunished.... We Muslims are one body; you hurt one you hurt us all."

Reporters and spectators began lining up for seats in the courtroom at 7:30 a.m. as a dozen Federal Protective Service officers and bomb-sniffing dogs surrounded the courthouse.

Four hours before the hearing, the defendant arrived at the courthouse in a four-vehicle motorcade that included a van, a Humvee and a state police car. THE ASSOCIATED PRESS

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New survey. Red tape is top obstacle for business in Canada, execs say

A survey of leading Canadian executives puts government inefficiency far ahead of high taxes as the top impediment to doing business in this country.

The survey, conducted for the 2012 World Economic Forum, showed that Canadian executives no longer regarded high taxes as a major problem, as they had several years earlier.

The Conference Board, which issued the report, says that finding shows Canadian executives are aware that recent cuts to tax rates by both federal and provincial governments have increased Canada's competitive advantage.

By contrast, executives in seven of 11 other countries participating in the survey continued to list high taxes as the biggest problem they face.

Other impediment factors cited by the Canadian executives include insufficient capacity to innovate, access to financing and an inadequately trained workforce.

THE CANADIAN PRESS

By the numbers

14th

The Conference Board says the responses shed some light onto why business leaders believe Canada's standing in the forum's global competitiveness index has been falling in recent years, from 10th place in 2010 to 14th in 2012.

Tech history. Apple 1 sells for $388K in online auction

An original Apple computer from 1976 has sold at auction for nearly $388,000 US. Known as the Apple 1, it was one of the first Apple computers ever built.

It sold Monday for $387,750 at a Christie's online-only auction. Bolaffi, an Italian collections company, says in a statement that it bought the computer. The seller was a retired school psychologist from Sacramento, Calif.

Vintage Apple products have become a hot item since Steve Jobs' death in October 2011. Jobs joined forces with Steve Wozniak to build computer prototypes in a California garage, and Wozniak built the Apple 1. THE ASSOCIATED PRESS

The Apple 1 computer is among the vintage Apple products that have become increasingly popular with collectors. THE ASSOCIATED PRESS

First iPad version

Google revamps Maps app

The new version of Google's Maps app has been streamlined to declutter the screen. GOOGLE

Google is unveiling a new version of its Maps app, available now for Android devices and "coming soon" to iPhones and iPads. It'll be the first time iPad users get a dedicated Google Maps app. The design has been significantly streamlined to declutter the screen and get rid of a series of menus that confused some users.

THE ASSOCIATED PRESS

Market Minute

- **DOLLAR** 95.08¢ (+0.08¢)
- **TSX** 12,306.93 (+9.84)
- **OIL** $106.52 US (+$2.99)
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Natural gas: $3.67 US (+1¢)
Dow Jones: 15,291.66 (-8.68)

Nations are hiring cybermercenaries, U.K. report says

Online espionage. Intelligence watchdog warns state-sponsored hackers are attacking targets including banks and energy companies

A British intelligence report said Wednesday that other nations are hiring hackers to launch attacks against their enemies, a trend it described as particularly worrying.

The warning over cybermercenaries came in an annual report published by Britain's Intelligence and Security Committee, a watchdog body of senior lawmakers that oversees Britain's spy agencies.

Citing testimony from British eavesdropping agency GCHQ, the report described the mercenaries as "skilled cyber professionals undertaking attacks on diverse targets such as financial institutions and energy companies.

"These groups pose a threat in their own right, but it is the combination of their capability and the objectives of their state backers which makes them of particular concern," it said.

The lawmakers didn't name any specific countries or say how widespread the practice was. The report didn't go into much further detail, but there's long been concern over the proliferation of private companies that profit from developing and distributing offensive software.

The report quoted GCHQ as saying that the electronic threat facing Britain is "at its highest level ever and is expected to rise further still" — a warning that tracks with long-standing trends relating to the growth of cybercrime and increasing official interest in online espionage.

THE ASSOCIATED PRESS

Notable omission

- Not covered in the report were allegations published by the Guardian newspaper that GCHQ and its U.S. counterpart, the National Security Agency, were engaged in a global surveillance campaign aimed at securing access to as much of the world's communications as technically possible.
- Some of the revelations raised fears that Britain was swapping data with the United States on its own citizens to get around restrictions on domestic espionage.
- A statement accompanying the report said lawmakers were investigating and would publish their findings on the program "as soon and as fully as we are able."

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Media: Bayer CropScience, metro Winnipeg, Dave's Quick Print

A gluten-free snack, on the double-double

According to Tim Hortons, this new coconut macaroon is the first item at a Canadian fast-food restaurant to be approved by the Canadian Celiac Association's gluten-free certification program. The macaroon is a $1.29 meringue-style cookie made with coconut and drizzled with milk chocolate, and is intended for customers with celiac disease and gluten intolerance. TIM HORTONS

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EAT YOUR PHOBIA FOR BREAKFAST

HE SAYS

John Mazerolle
metronews.ca

Phobias are nothing to fear. Almost everyone has an irrational fear of something, be it snakes or planes or snakes on planes or being trapped in a movie theatre with Samuel L. Jackson or being unable to make pop cultural references fresher than 2006. But I want to assure you that phobias are nothing to be ashamed of.

Why? Because I too have a phobia — lightning. Most phobias — which is Greek for "fears you have that your friends find hilarious" — are well-known, but fortunately so are the best approaches to dealing with them.

Here we pair some of the most common phobias with a few of the more effective treatments:

Spiders. There's an excellent way to feel better about a spider's legs skittering over your exposed neck at night, or its hungry mouth chewing at your bare skin: Remember that according to the Internet the average person eats an average of eight spiders a year as they sleep. So they might be eating you, but you're getting the last laugh — possibly with a spider leg or two flying from your lips as you chortle. And note that the Internet says an "average" person eats eight spiders a year. A really exceptional person, such as astronaut and professional Better-Than-You Chris Hadfield, eats as many as 10 spiders in a single week!

(I would have once scoffed at the idea there was any way to count how many spiders a person eats at night, but now that I know what the NSA has been up to, it all makes sense. Thanks Edward Snowden!)

Snakes. There are almost no dangerous snakes in Canada, and the few that are, are extremely passive animals, so this phobia is what scientists call "stupid." Therefore every time you feel a twinge of fear coming on, have a friend or relative say, "Don't be stupid! It's just a snake, stupid. God, you're so stupid" until the fear passes. (Note: This approach sometimes requires secondary therapy.)

Heights. Some therapists recommend climbing a 'fear ladder,' where you expose yourself to your fear in small manageable steps. With heights, you can combine the figurative and literal by jumping from a ladder every day, each day one rung higher. By Day 15 or so the problem kind of takes care of itself.

Lightning. Commonly referred to by scientists as the 'sexy phobia,' many of history's greatest heroes were terrified by lightning. Benjamin Franklin. Neil Armstrong. Thor. Yes, they had stoic exteriors, but a loud thunderclap made them cry like schoolgirls.

So if you should find yourself at home during a lightning storm, trying not to hyperventilate while you distract yourself with a battle-filled Game of Thrones episode cranked to full volume (to pick an entirely random example) then that's OK. Accept it as part of the wonderful, handsome writer you are. Er, person you are.

And that's how you deal with phobias. Of course the best way to approach any fear is to recognize that, even if you're not feeling great, you're in no real danger. Remember to smile, recite some positive statements, and take long, deep breaths. If you do that at night, you'll also swallow some spiders.

ZOOM

Snake in a charity store

QUEENSLAND POLICE/THE ASSOCIATED PRESS

Python breaks in to Australian store

Australian police were mystified by a chaotic crime scene including a hole in the ceiling and a smelly pool of vomit-like liquid — until they found the culprit was a 5.7-metre python.

The massive snake, weighing in at 17 kilograms (37 pounds), was captured a day after a suspected burglary was reported at a charity store in Queensland in northeastern Australia.

"Its head was the size of a small dog," police Sgt. Don Auld said Wednesday. Before they found the python, investigators' working theory was that a human burglar with an appetite for destruction — and a serious illness — had gone on a rampage inside the St. Vincent de Paul store in the small town of Ingham.

THE ASSOCIATED PRESS

The suspect

"We thought a person had fallen through the ceiling because the roof panel was cut in half. When they've hit the floor, they've vomited and then staggered and fallen over. That's what we thought anyway."

Police Sgt. Don Auld

The break-in

- Police now suspect the python entered the store through the roof, which was damaged in a cyclone two years ago.
- The animal then plummeted through the ceiling, knocking over dishes, clothes and other items, before relieving itself on the floor.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Despite being mostly a place where 20-somethings turn to post pictures of their hangover brunches, road trips and beach vacations, there's more to Instagram than that. There are also musicians posting pictures of brunches, road trips and vacations... and of themselves. Introducing, the musicians of Instagram:

DREW GURIAN/INVISION/THE ASSOCIATED PRESS

Tyler the Creator:
Odd Future's Tyler the Creator is worth the follow for the captions more than the art. @feliciathegoat

Pearl Jam:
Remember them? They're back. And just announced their first North American tour in three years. @pearljamofficial

Frank Ocean:
This man has mastered the art of the selfie in the most beautiful, non look-at-me-I'm-awesome way. @Frankocean

Twitter

@metropicks asked: Scientists can now determine your lifespan at time of birth. Would you do it? Why or why not?

@DeniM4678: No, because it's just a guess, there are TOO many factors that could affect that number through the years.

@autumnpiglet: No. Why bother? You may die from an accident.

@FrenchmanCanada: No need, I already know the date : the day Justin Bieber gets an Oscar for best song.

Follow @metropicks and take part in our daily poll.

Comments

RE: The Story Behind That Abandoned, Flooded Ferrari On Lower Simcoe Street, published July 10

There is no story behind this story. A man left his car behind during a flash flood, as did many others. **poor-whiteman posted to metronews.ca**

It's not meant to be a hard-hitting news story. The fact that a $192,000-car was abandoned during the flood, clearly, amused some people. It's horrible that so many people have damaged cars and property. But are you telling me that an abandoned Ferrari wouldn't pique your interest more than, say, a Dodge Caravan? **bicyclingbookwrm posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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The blues connection

Lindi Ortega. Singer-songwriter explored country's roots to create her latest album

BACKSTAGE PASS
Jared Story
@metronews.ca

Lindi Ortega brings her bluesy, country sound to the Winnipeg Folk Festival this weekend. SUPPLIED

For her latest album, Cigarettes & Truckstops, Toronto-turned-Nashville singer-songwriter Lindi Ortega decided to inject some blues into her old-school country sound. You can thank Hank.

"I was reading a Hank Williams biography before I started recording the record," says Ortega, 34.

"He was influenced by Tee Tot, whose real name is Rufus Payne. He was a blues musician who taught Hank Williams the basics and Hank went from there. You can hear a lot of blues influences in Hank Williams' music and also in Johnny Cash's music. It's really apparent."

After identifying country music's connection to the blues, Ortega started listening to legendary blues performers like Lead Belly, Memphis Minnie and Lightnin' Hopkins.

"I love the rawness and simplicity of the blues," Ortega says. "Not the simplicity of their playing of course, that's quite complex. I wish I could play like that (laughs). But, the fact that's it's often just one guy and a guitar yet it sounds so amazing. Those old recordings have a tone and a vibe to them that you just don't hear in anything else. It's very unique to that era."

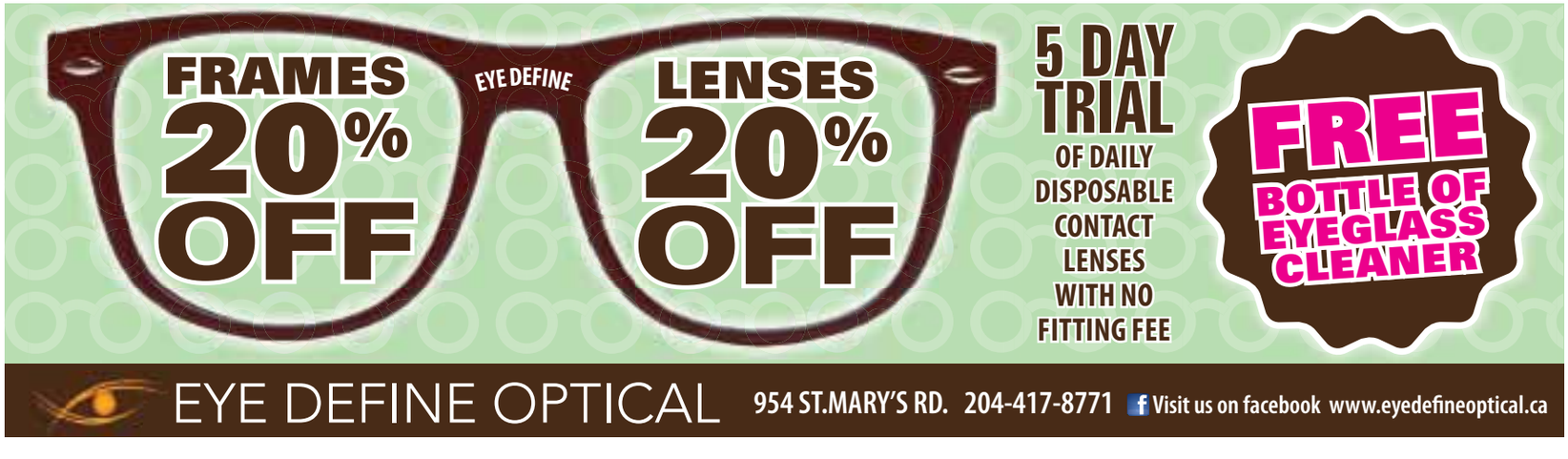
The bluesy-ness of Cigarettes & Truckstops is amplified by producer Colin Linden. Ortega says she wanted to work with the Blackie and the Rodeo Kings member after seeing a video of him playing a Dobro solo.

The resonator guitar is all over grim tunes like Heaven Has No Vacancy and Murder of Crows, but Ortega doesn't always wallow in darkness. Despite being inspired by loneliness, Demons Don't Get Me Down is brimming with positivity.

"I had just moved to Nashville and I was feeling lonely on Friday night," Ortega says. "I'm like 'What have I done? I'm all alone. I don't even have a pet or a bottle of wine to keep me company.'

"I was trying to figure out how to bring myself up and I did what I always do, I picked up a guitar. The song is about how you don't need turn to vices, you can bring yourself out of a dark spot with creativity or just by doing whatever makes you happy, like reading a book or watching a movie."

Ortega plays the Winnipeg Folk Festival's main stage on Friday at 7:05 p.m., with additional daytime sets on Friday and Saturday. For show times and ticket information go to winnipegfolkfestival.ca.



The wonderful world of Oz: This is one dedicated, ultra busy Doctor!

Think you work hard? Get a load of how the TV host (and still practicing surgeon!) spends his days

MEREDITH ENGEL
Metro World News in New York City

In addition to hosting his Emmy-winning talk show, overseeing a non-profit and readying to launch a magazine, Dr. Mehmet Oz still has time to be a practicing cardiothoracic surgeon. He's also a family man, with a wife and four children. How does he juggle it all? We went straight to the source for answers.

5:45 a.m.: Rise and shine
Dr. Oz knows that the early bird gets the worm: "I get up at about quarter to six," he tells us. Upon waking, Dr. Oz does a short, 10-minute workout "which is mainly yoga, with some calisthenics," he says. "I change those calisthenics a bit, but they're essentially core work, so sit-ups, push-ups, etc."

7 a.m.: Get to work
After a morning shower, Dr. Oz commutes by car from his home in New Jersey to his TV studio in the city. "I'm here by like five to seven because at seven o'clock every morning, we start our meetings," he says. Dr. Oz tapes two shows a day and preps for both at the morning meeting: "We troubleshoot (and make any) last changes," he says. For breakfast, it's Greek yogurt, berries and a green juice — a mix of produce like cucumbers, celery, apples, oranges, lemons and limes — which he makes the night before.

8:30 a.m.: Rehearsal

Always in his bag

Nuts: Hazelnuts and cashews are his standbys, he says. "I go through them pretty quickly."

"At 8:30 I go out to rehearse for an hour, and then I run back to the hardest part of my day, which is hair and makeup. Guys can't stand that stuff — you have to sit still and not do anything for 15, 20 minutes."

10 a.m.: Showtime

12 p.m.: Lunch
Dr. Oz's genial spirit comes through when he tells us about the cauliflower his wife, Lisa, made him for lunch: "Here, eat that. It's good," he says, offering us a bite.

12:30 p.m.: Meetings
Dr. Oz's life may sound glamorous, but he still has meetings like the rest of us.

1:30 p.m.: Rehearsal for the second show

3 p.m.: Second show

5 p.m.: Final touches, preps for upcoming shows
After both of the day's episodes are taped, Dr. Oz runs upstairs to his studio to record voice-overs and promos for the local markets. "(What) people don't realize about television is it's a very local business," he says. "It's a national show, but you have to help the local people win their markets. So, you've got to give them stuff to help them tell the story." He also meets with his producers about the coming week's shows.

7 p.m.: Dinner
Dr. Oz heads home and settles into dinner with his kids — however many are home that night — and Lisa, a vegetarian, whom he calls "a great chef." What's on the menu at Chez Oz? "She makes a great pasta (with) different kinds of pesto sauces, arrabbiata sauces — she's really good at making that stuff come alive. She will cook tofu-based dishes quite a bit. She's great at squashes. She takes vegetables and she makes them taste out of this world. We'll have a big salad with different kinds of exotic dressings that she'll mix up. It doesn't take her hours and hours to make it."

What's up doc? The man himself in studio. ALL PHOTOS HANDOUTS

8 p.m.: Unwind; prep for the next day's shows
"I rarely go out on weekdays, because I like to be rested for the next day," he says. "If I'm busy doing something else till 10 o'clock at night, I don't find that I'm as rested the following morning." Instead, like a student studying for exams, the doctor readies himself for his next day's shows. "When I get home at night, I have all the scripts, so I'll go through those, and I'll study my medical notes," Dr. Oz tells us. He cops to a "terrible memory," but still manages to prepare himself by focusing on what he wants his viewer to take away from each show. "I try not to memorize (the material)," he says. "I try to understand it."

10:15 p.m.: Lights out
"I'm always in bed by 10:15 at the latest," says Dr. Oz, who gets about seven-and-a-half hours of shut-eye each night. "I fight for that. It's the most important thing I do. I won't take a phone call at 10:15 because anyone who's calling at 10 o'clock is gonna rile you up. ... The number one biggest mistake we make in America is not sleeping, by far."

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A breakup, some booze, 2 crappy jobs and $5,000

Mo Kenney wrote Sucker during a dark time in her life. THE CANADIAN PRESS

SOCAN song-writing prize. Dark time had amazing silver lining for Mo Kenney, as she beat out music elite

When Halifax's Mo Kenney penned her forlorn acoustic lament Sucker, she was in a bad place.

Merely 19 years old at the time, she was living on her own in Halifax for the first time and working two "crappy" jobs, one at a dollar store and the other whipping together pizzas at Sobeys. Oh, and she was freshly dumped.

"So I was sitting there feeling kind of (bad) about myself and music wasn't really going anywhere either.

"I was working toward something but I wasn't sure what to do," she recalled in a telephone interview this week. "So I got a little bit drunk in my room and started writing."

The resultant tune helped Kenney find that direction she was searching for — and on Wednesday heralded some more good fortune.

Kenney and her tune have won the $5,000 English-language SOCAN Songwriting Prize, awarded by the Society of Composers, Authors and Music Publishers of Canada. Quebec's Keith Kouna won the French award for Batiscan.

By winning, Kenney bested a field that included Montreal's icy electro-pop outfit Purity Ring, stylistically diverse Toronto singer/songwriter Maylee Todd, rootsy Hamilton duo Whitehorse and banjo-brandishing Toronto native Tamara Lindeman, who performs as the Weather Station.

"I was in really good company, obviously, and I wasn't really expecting to win," Kenney said.

"I was really, really pleasantly surprised." Kenney, 23, released her self-titled debut last September, produced by East Coast songwriting stalwart Joel Plaskett. She says he'll produce her next effort as well, a record still in the embryonic stages that she hopes to begin recording in the late fall. THE CANADIAN PRESS

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Hasselbeck, in pink, with her The View co-hosts. AP PHOTO/ABC, STEVE FENN

Elisabeth's View: Exit no Hassel

Moving to Fox and Friends. Former Survivor star gets warm send off after ten years on the panel show

Elisabeth Hasselbeck is leaving the desk at The View for the couch on Fox News Channel's Fox & Friends.

The news network said Tuesday that Hasselbeck will join co-anchors Steve Doocy and Brian Kilmeade on the three-hour morning show Fox & Friends in September. Wednesday will be her last day after a decade on The View.

Hasselbeck parlayed her popularity as a contestant on Survivor into a job on Barbara Walters' ABC daytime show in 2003. During her decade on the show, she authored two cookbooks. She's also politically more conservative than her co-hosts on The View, which often led to some contentious moments.

Fox News Chairman and CEO Roger Ailes said that Hasselbeck's "warm and engaging personality made her a star" and an "excellent conversationalist." She replaces Gretchen Carlson, who will be given her own daytime show on Fox, Ailes said.

"When Elisabeth survived Survivor, we wanted to make sure she would stay afloat," Walters said. "We have had 10 wonderful years with her and she will now be swimming in new waters. We will miss her and wish her everything good."

Rumours that Hasselbeck was leaving first surfaced in March, drawing a heated denial from Walters at the time. She also said it was not true that Hasselbeck's political views made her unpopular in the executive suites at The View. Her views won't be a problem on Fox & Friends, which is popular with a conservative audience. The talk show is the most popular cable news program in the morning.

Hasselbeck's departure is part of a year of turnover at The View. Joy Behar, one of the show's original panellists, is also leaving. Walters, who developed the show, is retiring from television next spring. That leaves Whoopi Goldberg and Sherri Shepherd as the remaining panellists. Jenny McCarthy, the former Playboy playmate who currently hosts a show on VH1, has been mentioned as a possible new panellist. THE ASSOCIATED PRESS

Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin Bieber stoops to more piss-poor behaviour

Oh, Justin, Justin, Justin. What can we say about your latest example of acting out?

In a video from TMZ, filmed earlier this year, the terrible tiny terror decides that it would be alright for him to urinate in public in a bucket used for floor washing. I'm sure the owners of the restaurant were thrilled to have such a class act visit.

I'm not a fan of corporal punishment, but sometimes the only reasonable option is a hard slap.

In other Bieber news, Chicago Blackhawks fans are crying fowl after a picture of the Biebs posing (with sunglasses on) with the Stanley Cup in the Hawks' dressing room. In the background is a Blackhawks jersey with the word Bieber on it. Fans took to Twitter to voice their discontent that the Biebs' dirty hands touched the sacred trophy.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Khloe kicks Lamar out over an ongoing stripper tryst

Khloe Kardashian kicked husband Lamar Odom out of their home for cheating.

But it gets worse. He was cheating with a stripper. For more than a year. And he paid her.

According to the bombshell report from Star magazine, the woman in question is 29-year-old stripper Jennifer Richardson, whom he met at the Stadium Club strip club in Washington, D.C. after a game last year.

The first night they hooked up, Odom took care to take "her phone apart and put the pieces in different spots all around the room" so she couldn't record their tryst. But that doesn't keep a resourceful stripper from becoming a "source" to Star magazine for money.

The "affair" (which honestly just sounds like various sexual encounters after games in various hotel rooms around the country) lasted for months with Odom at one point "gifting" her $3,000.

Oh, and they had a threesome. I don't know how that falls into the blame game.

Does that mean he cheated with several women or with just one woman, but very spectacularly?

Star reports that Khloe found out about the affair and kicked him out again and again — but they would continue to get back together.

But now it looks like they are headed for a divorce — sources tell Star that Odom moved out for good on June 3 and hasn't been back since.

Friends, you know it's bad when Scott Disick seems like the good Kardashian husband.

METRO WORLD NEWS

Twitter

@pattonoswalt
Saw PACIFIC RIM earlier today. It's all right if you're into movies that are awesome and gut-punch you with brilliance.

@tyrabanks
So you know when you're in a bathtub and your fingers get all wrinkly and you're like why the heck do they do that

@MorganSpurlock
Hurray! We're #2! We're #2! America No Longer Most Obese! Congratulations! USA! USA!

Jennifer Lopez

What's the big deal anyways?

The revealing green Versace dress Jennifer Lopez wore at the 2000 Grammys has become the stuff of fashion legend, but Lopez herself remembers not getting what all the fuss was about.

"When I came onstage with David Duchovny, who was the biggest star in the world then, he said to the audience, 'Nobody is looking at me,'" Lopez recalls to W magazine. "When I went to my seat, I said, 'What's the big deal?!' (Then-boyfriend) Puffy and Benny (Medina, her manager) were waiting, and they said, 'You have to take pictures in that dress.'"

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Here comes the Suno

What a pretty pair. The CFDA winners fill us in on their plans for future success, their personal style and a summer in the city

TINA CHADHA
Metro World News

Erin Beatty and Max Osterweis, the friendly duo behind Suno, a brand that has charmed Anna Wintour and a slew of New York editors and bloggers, recently won the coveted 2013 CFDA Swarovski Award for emerging talent in womenswear. Maybe now they'll allow themselves to take a summer Fri- day or two off. We chat with the designers about their big win and summer plans.

Congrats on the recent win. How did you celebrate?
Erin: Max and I met up with his girlfriend Kate and my boyfriend Lex and we actually spent the night with the Creatures of the Wind going to the after parties.

Who was the first person you called when you won?
Erin: I didn't even have my phone at the awards ceremony.
Max: I emailed Erin's dad who shared the news with her family, and I emailed my parents and then social media took care of the rest.
Erin: It was totally unexpected. We were very thrilled to win and are very excited to try to live up to it.

What do you hope the award will do for the brand?
Erin: Hopefully, more than anything, it helps to increase brand recognition and encourage the stores that we're already in to place larger orders, and encourage the stores that we're not in to buy us. We definitely want to get back into Barney's.

How are you hoping to grow the company?
Erin: We know that we're going to want to dip into accessories sooner rather than later, it's just a matter of timing. Definitely cool bags and shoes. I mean we've always been interested in head-to-toe dressing.
Max: The number one question that we always get asked is when are we going to do men's? And we have no answer for that number one question.

What are your plans for the summer?
Max: Both of us are focusing on taking weekends off as much as we can. The first few years of Suno, none of us really took that much time off, including on the weekends, so I started taking my weekends pretty seriously last summer, and I think Erin's doing the same this year.
Erin: I actually rented a place in Germantown, N.Y. so I'm actually in the country.

Solange Knowles (above) and Hailee Steinfeld (bottom left) in Suno. GETTY IMAGES

What's an ideal summer day?
Erin: It's sitting down outside and reading.
Max: Spending time on my boat, fishing.

What are you reading this summer?
Erin: I just finished Freedom by Jonathan Franzen and now I'm reading Lit by Mary Karr.
Max: I just finished a 10-novel series: The Story of a Crime. It's the Martin Beck series — Swedish, socialists, detective novels from the '70s.

What summer looks are you loving right now?
Erin: I'm wearing embroidery all the time right now, cotton embroidery.
Max: My mom was just with me this past weekend, out in the country, and she insisted that we do a caftan for her.

Best way to beat the heat?
Max: Get in the water, whether it's a fire hydrant, or the ocean or the pool.

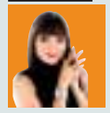
Style pick

Purchase a piece of punk fashion history

If Robin Hood and Johnny Rotten designed a shoe together, this would be it — with a lot of help from Vivienne Westwood. The Seditionaries boots are part of her limited edition Chaos collection, a tour of her career highlights from the 1970s till now. The boots, in their original green and tan color, are London incarnate — once worn by the Sex Pistols, designed by Westwood and Malcolm McLaren and manufactured in the capital itself.

KATHRYN GILBERT

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker Finally back at my old gym! Feels like coming home. Here's to a summer of really shaping up! #letsgetphysical

- **@The_Obsessed:** share some inspiration Jeanne! For those of us who've been slacking on yoga & gym time #gymspiration #slackers
- **@Jeanne_Beker :** JUST DO IT!!! Xx

Intvw'ing my girl Bekky O'Neil @qualityslippers @TarragonTheatre for @EtalkCTV about her play Urge 4 Going #FringeTO

Potato curry in a hurry

"Aloo gobi, the Indian curry made with potatoes, cauliflower and spices, is a firm favourite in our household," writes Miriam Sorrell in her book Mouthwatering Vegan. "So I decided to create some fast burgers based loosely on that wonderful dish. If you like potato curry, you are going to love these. Serve with a simple salad of greens and cherry tomatoes on the side ... And slap on the ketchup!"

Ingredients

- 3 tbsp (45 ml) frozen peas
- 2 tbsp (30 ml) frozen corn
- 4 medium potatoes micro waved until soft, then peeled
- 1 tbsp (15 ml) vegan margarine
- about 1/4 cup (60 ml) non-dairy milk
- 1 1/2 tsp (7.5 ml) curry powder
- salt to taste
- 1 medium carrot, grated
- 1/2 onion
- 2 cloves garlic
- 4 mushrooms
- sprig of fresh mint
- sprig of fresh rosemary
- 2 tsp (10 ml) nutritional yeast
- 1 1/2 tbsp (22.5 ml) unbleached all-purpose flour
- olive oil

1. Place the peas and corn in a saucepan and cover with boiling water. Cook for a couple of minutes, then drain and set aside.

2. Meanwhile, in a medium bowl mash the microwaved potatoes. Add the margarine, milk, curry powder and salt. Bear in mind that the mash needs to be a fairly firm consistency.

3. In a food processor, process together the carrot, onion, garlic, mushrooms and herbs.

4. Add the ingredients from the food processor to the mashed potato mixture, together with the cooked peas and corn, nutritional yeast and flour. Stir well with a fork, taste and adjust seasoning if necessary.

Yummy Curried Potato Burgers

This recipe makes about eight burgers. MIRIAM SORRELL

5. Heat a drizzle of olive oil in a nonstick frying pan set over medium heat. Spoon in dollops of the potato mixture. Cook for a few minutes, flattening very slightly with a spatula to make patty shapes, then gently flip. You may need to do this in batches, repeating with any remaining mixture, to make 8 burgers.

6. Serve on buns with your favourite burger fixings, or on their own with vegetables and salad. Reheat any leftovers in a hot oven—they may become mushy in the microwave.

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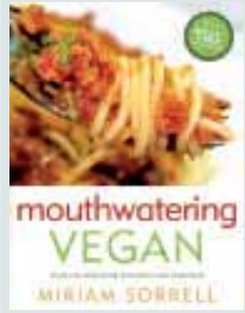
Cookbook of the Week

Varied vegan eats



Going meat-, egg- and dairy-free isn't an easy feat but Miriam Sorrell's Mouthwatering Vegan makes it that much simpler — and delicious. With more than 150 recipes, Sorrell showcases how accessible, varied, nutritious and tasty vegan eating can be. The book covers everything from appetizers, soups and smoothies to main courses and desserts. Among the recipes are Shepherd's Pie, Red Bean Nut Burgers, Chili Con 'Carne' and more. METRO

Kicking up quinoa

Filling

1. Combine the rice and 5 cups (1.25 L) of the water in a saucepan. Bring to a boil, reduce the heat and simmer until the rice is cooked, 30–40 minutes. Drain, rinse and set aside.

2. Meanwhile, in a separate saucepan, combine the quinoa and remaining 1 1/2 cups (375 ml) of water. Bring to a boil, reduce the heat and simmer until cooked, about 20 minutes. Drain, rinse and set aside.

3. Heat a drizzle of olive oil in a large nonstick saucepan set over medium heat. Fry the eggplant slices on both sides until golden. Transfer to a paper towel–lined plate to absorb any excess grease, and set aside.

4. In the same saucepan, fry your spices in a little oil for a minute or two, stirring.

5. Add garlic granules and tomato paste, and continue.

6. Spoon in cooked rice and quinoa, and mix well. Continue to cook, stirring, for a few more minutes.

7. Add the spinach and lemon zest, then lower the heat to minimum and cook for another 5 minutes.

Spicy Rice & Quinoa Bake

This recipe serves four. MIRIAM SORRELL

8. Add the chopped olives and salt, mix again for 1 minute and remove from the heat.

Sauce

1. Mix all the sauce ingredients except the sunflower seeds, olive oil and paprika, in a bowl.

2. Pour the mix into a saucepan and heat gently, stirring constantly, until it thickens into a rich, white sauce. Remove from the heat and set aside.

To Assemble

1. Preheat the oven to 400 F (200 C). Lightly grease an 11- x 7-inch (2-L) casserole dish.

2. Place half the eggplant slices at the bottom of the dish. Spoon in the spiced rice and quinoa mixture. Cover with the rest of the eggplant slices.

3. Pour sauce on top, and sprinkle on the sunflower seeds.

4. Dust the centre with paprika, and drizzle on the olive oil.

5. Place in the preheated oven for 40 minutes, or until the top is golden.

6. Remove from oven and allow to cool for 15 minutes before cutting into portions.

Ingredients

Filling

- 1 1/2 cups (375 ml) dry short-grain brown rice
- 6 1/2 cups (1.625 l) water
- 1/2 cup (125 ml) quinoa
- olive oil
- 1 medium eggplant, thinly sliced lengthwise
- 1/4 tsp (1 ml) each chili powder, coriander and caraway seeds
- 1/2 tsp (2 ml) garlic granules
- 1 tbsp (15 ml) tomato paste
- 1 lb (500 g) fresh spinach
- zest of 1 lemon
- 12 spicy green olives, pitted and chopped
- salt to taste

Sauce

- 1 cup (250 ml) non-dairy milk
- 1 tbsp (15 ml) cornstarch
- 1 tbsp (15 m) nutritional yeast
- 1 tbsp (15 ml) grated vegan cheese
- 1/2 tsp (2 ml) garlic granules
- salt to taste
- 1/4 cup (60 ml) sunflower seeds
- paprika, for dusting
- olive oil, for drizzling

Side dish. Cherry Tomato, Chickpea & Orange Pepper Salad

This recipe serves four. MIRIAM SORRELL

Dressing

1. Place the ingredients in a clean jar, close the lid tightly and shake until thick and smooth.

Salad

1. Toss all the ingredients together in a bowl.

2. Drizzle on as much dressing as you like, toss again and serve.

Ingredients

Dressing

- juice of 1 large lemon
- 1/2 cup (125 ml) extra virgin olive oil
- 1/2 tsp (2 ml) vegan sugar
- salt and black pepper to taste

Salad

- 20 cherry tomatoes, halved
- 1 1/2 cups (375 ml) cooked chickpeas
- 1 red onion, finely chopped
- 4 cloves garlic, finely chopped
- a handful of fresh flat-leaf parsley, finely chopped
- 1 orange bell pepper, sliced thinly, then cut twice crossways
- 12 fresh basil leaves, finely chopped

Cool backyard umbrellas

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

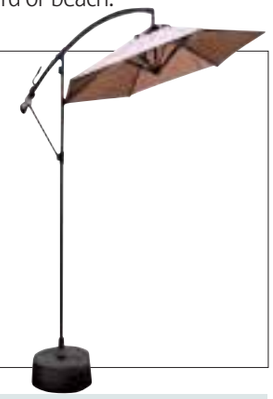
So far this summer, my hand-held rain umbrella has already been given quite a workout. But whether it's for rain or sun, here's a gathering of well-designed outdoor umbrellas that will protect you while on the patio, balcony, backyard or beach.

Retro flair

Add 1920's French nautical pizzazz to your patio or pool. Six-inch navy-and-white striped umbrella with wooden frame, $132, potterybarn.com.

Best value for style

Super-style and flexibility for the price. Nine-and-a-half-inch Tilt Market-Style Umbrella with wind vent, Whole Home, $80, sears.ca.



Modern colour

Punchy colour helps to brighten up a grey city terrace. Nine-inch Apple Umbrella with eucalyptus frame, $423, crateandbarrel.com.

Millionaire's dream

A custom-designed way to look cool. Seven-by-10 inch Stingray Shade, $6,400 (plus base), andrewricharddesigns.com.

On the go shade

Have your shade whether rolling on the grass or at the beach. Portable Sport-Brella, $80, homehardware.ca.

Keep in the car

Carry me to the beach for some sun protection. Lightweight Beach Umbrella, $13, canadiantire.ca.

A wine crate one day, a coffee table the next

One man's treasure. 7 ways you can turn alcohol holders into something useful

Old wine crates can be found lying around the house, at your local liquor store or even at neighbourhood garage sales.

Before sending them to the landfill, consider a few do-it-yourself options to repurpose wine crates for household use.

1 Create a contemporary bookcase by painting each crate a different colour and stacking one on top of another. Break up solid colours by using a stencil to create unique and fun patterns.

2 Enhance your outdoor patio with makeshift rustic seating options. It's as simple as just flipping over each crate so the flat surface is on top. Chair pads can provide an option for more cushioned seating and come in a variety of shapes and colours.

3 Add a touch of spring to your kitchen or patio by creating a planter box for your favourite foliage. Start by drilling a few holes into the bottom of the crate to allow for drainage, and then spray the crate with a waterproof seal. Once the crate is dry, just flip it over, fill with potting soil and start planting. Wine crates are the ideal size for potted plants.

4 Add a textured, lofty accent to your bar or kitchen walls by using wine crates as wall tiles. Take each crate apart until you're left with flat boards, and then cover an entire wall with the tiles.

5 Wine crates don't just have to be used to store wine bottles.

Throw your household knickknacks into old crates, then stack and store away. Attaching wheels to each crate creates rolling storage for easy access and transportation.

6 Running in and out of the house during summer parties in the backyard can track dirt inside.

Use a leftover wine crate as a shoe storage rack for your back patio to prevent unwanted messes inside the house.

7 Creating a coffee table out of a wine crate can be a cost-friendly way to add a rustic feel to your living room.

Salvage Dawgs chronicles the adventures of Mike Whiteside, left, and Robert Kulp. HANDOUT

First stain or paint three or four crates and let them dry. Then arrange the crates and create a frame using L brackets. Nail the crates to the frame, and enjoy your new DIY coffee table. **FIND MORE TIPS FOR SALVAGING OLD FINDS ON SALVAGE DAWGS, TUESDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA**

‘One of a kind’: Baizley remembered at MTS

Sad day in Winnipeg. NHL stars among hundreds to say goodbye to influential agent

The hockey world, his friends and family paid tribute to Don Baizley Wednesday in the only real church the highly respected agent recognized — an NHL arena.

Centre ice at the MTS Centre, the scoreboard above flashing images and tributes, was the place where players like Anders Hedberg said goodbye.

“He was one of a kind,” said Hedberg, one of the first Europeans Baizley lured to North America.

“The kind of person we would like to be, and our sons to become.”

Hedberg said Baizley wasn’t really an agent, a sentiment many of his clients echoed as they entered the arena.

They said he was a friend, a mentor and a counsellor.

“I don’t think I would use the name agent, more like a friend or a second dad,” said Winnipeg Jets defenceman Tobias Enstrom, who was 17 or 18 when he first met Baizley.

“He came to see my mom, my dad and my family.... Ever since, he’s always been around.”

“He was a huge part of my life,” said former Calgary Flames star Theoren Fleury.

“I met Don when I was 18 years old and we’ve maintained a friendship and a relationship for a long time.”

He said Baizley gave him great advice.

“He always made you think about every decision you were about to make. He always gave two sides to the story and, although I didn’t always take his advice, I look back on it and the things that he said always came true.”

Mark Chipman, chairman of True North Sports and Entertainment which owns the arena and the Winnipeg Jets, said he was happy to provide the facility for the memorial.

Baizley was a well-respected lawyer, although he often made jokes about his own abilities.

He had a reputation as someone who didn’t care about flashy clothes or cars and his friends and clients all said he always preached values.

“You love people and use things, don’t ever get that backwards,” Hedberg said Baizley told him.

The crowd included many hockey media personalities and CBC broadcaster Scott Oake was the master of ceremonies for the unusual memorial — at times it seemed part celebrity roast — which was punctuated regularly by applause.

Baizley died about two weeks ago at the age of 71, after a long fight with cancer.

His stature was so high in the hockey world that NHL commissioner Gary Bettman opened the 2013 NHL draft this year with a tribute to Baizley, who had died just days before.

Teemu Selanne, like Enstrom, said Baizley was a second father.

“That’s why it feels so sad because he was a Canadian dad for me ... It was more than just a working relationship,” the former Winnipeg Jet Selanne said. THE CANADIAN PRESS

The late Don Baizley, seen here at the Hockey Hall of Fame induction ceremony last November in Toronto, was at one time the head of the Law Society of Manitoba. BRUCE BENNETT/GETTY IMAGES

True Northerner

“I don’t know if there’s any one individual I’ve met in my life who’s had a more meaningful, more profound impact on the modern game of professional hockey.”

Mark Chipman, chairman of True North Sports and Entertainment, on Don Baizley.

CFL

Simon sitting out Riders’ Week 3 clash with Argos

Geroy Simon’s Saskatchewan Roughriders debut is on hold for another week.

Roughriders head coach Corey Chamblin said Wednesday the veteran slotback won’t play in the club’s game Thursday night against the Toronto Argonauts.

The Roughriders acquired Simon, the CFL’s all-time receiving yards leader, in an off-season trade with the B.C. Lions but he has yet to play for his new team due to a lower-body injury. THE CANADIAN PRESS

CFL

Stamps backup Glenn thanking déjà vu Drew

The Calgary Stampeders quarterback situation feels familiar.

A year ago, starter Drew Tate didn’t finish the second game of the regular season because of injury. Backup Kevin Glenn made his first start July 12 in Montreal.

Fast forward to now. Tate didn’t finish Game 2 last week. Glenn will start Friday, again July 12, in Montreal against the Alouettes.

“For me to be coming out Week 3 against Montreal in Montreal, it’s pretty much déjà vu,” Glenn said Wednesday.

The difference is Tate’s injury is minor compared to the shoulder separation he suffered in 2012. His current injury is a strained forearm muscle.

THE CANADIAN PRESS

MLB. Public could be left in dark in Biogenesis probe

We may never know exactly what Alex Rodriguez and Ryan Braun are being accused of in MLB’s Biogenesis investigation — if they beat the rap.

That’s because details likely will be caught in a tangle of legal gymnastics involving MLB, the players’ union and probably an arbitrator, who could rule no discipline is warranted.

Among the early legal issues: Does the commissioner’s office have the right to announce any suspensions before grievances are decided by an arbitrator? Can a player not previously disciplined under the drug agreement be suspended for more than 50 games because of multiple violations?

Three people familiar with the investigation said if management and the union can’t agree on the process, arbitrator Fredric Horowitz likely would be asked to decide. The people spoke on condition of anonymity because no public statements were authorized.

THE ASSOCIATED PRESS

Heritage Classic

Canucks to host Senators at BC Place Stadium

Vancouver will become the third Canadian city to host a regular-season NHL game outdoors when the Canucks welcome the Ottawa Senators to BC Place next season in the 2014 Heritage Classic.

The 2014 game in Vancouver will take place March 2 and will be the first played in a retractable-roof facility.

THE CANADIAN PRESS

Yellow vélo. Fan doused me with urine, Cavendish says

Mark Cavendish believes a roadside spectator sprayed him with urine during the Tour de France time trial on Wednesday, his team manager said.

Patrick Lefevere of Omega Pharma-Quick Step said the incident may have been linked to anger among some fans who claimed — unfairly in his view — that Cavendish intentionally bumped into Dutch rider Tom Veelers and caused him to crash in the final sprint a day earlier. THE ASSOCIATED PRESS

Mark Cavendish GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
Take life at a more civilized pace today — well, civilized by your standards anyway. You don't have to work your fingers to the bone to make a good impression.

♉ Taurus
April 21 - May 21
You may be unenthusiastic about what you have to do but do it anyway and strive to do a good job. If you make an effort for other people now, they will be more inclined to make an effort for you later.

♊ Gemini
May 22 - June 21
You may need to lower your sights a little over the next 24 hours. It's good to aim high but according to the planets your current aims reside in a galaxy far, far away. Bring them back to Earth today.

♋ Cancer
June 22 - July 23
You know something your rivals don't and it can give you the edge to get ahead of the pack and stay ahead. But, knowledge is power only if you are prepared to use it.

♌ Leo
July 24 - Aug. 23
Others will talk you up today and you'll love every moment of it. But why are they so determined to make you look good? Are they just being friendly or is there a deeper motive?

♍ Virgo
Aug. 24 - Sept. 23
If there is someone you want to impress, all you have to do is open your mouth and tell them what you think. The fact that you do think, when so many in the world today do not, puts you at an advantage.

♎ Libra
Sept. 24 - Oct. 23
For some reason, you appear to believe that you have to work twice as hard and move twice as fast as your rivals. Don't put pressure on yourself when you don't have to.

♏ Scorpio
Oct. 24 - Nov. 22
You may not be the most forgiving member of the zodiac but you are smart enough to realize that an ongoing feud is a waste of time. Do what you have to do to heal the rift.

♐ Sagittarius
Nov. 23 - Dec. 21
You will be under pressure today and maybe of the kind that you are not naturally equipped to handle. Whatever happens, you must stay calm.

♑ Capricorn
Dec. 22 - Jan. 20
You are in a light-hearted and carefree mood at the moment. But a work colleague will seek to burst your bubble by making demands that cannot be met. Smile sweetly and tell them to forget it!

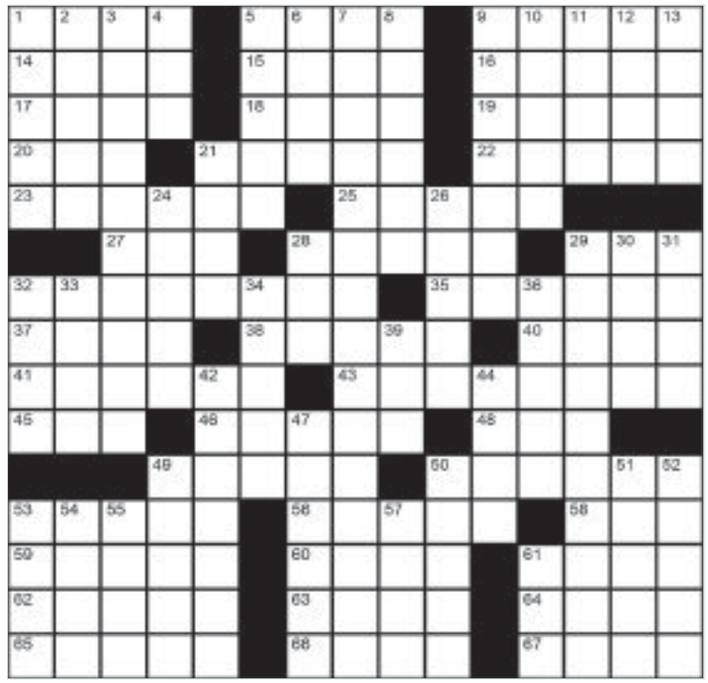
♒ Aquarius
Jan. 21 - Feb. 19
Minor problems are likely to have far-reaching consequences today. Think before you act and, if you are not sure which course of action is best, take no action at all. Come tomorrow, the problem will have resolved itself.

♓ Pisces
Feb. 20 - March 20
You have so much going for you now but you seem to believe that your life is falling apart. Stand back from your everyday worries and see the bigger picture. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

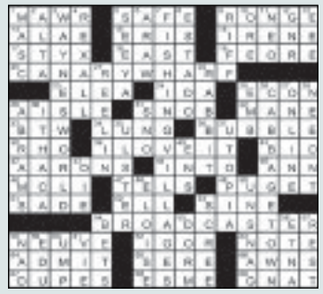
BY KELLY ANN BUCHANAN



Across
1. Pet rights org.
5. Profess
9. Mickey __
14. Shopping spot
15. __-_-Fella (Record label)
16. Ontario attraction, __ Canada Village
17. "__, __ and Away" by The 5th Dimension
18. Yesterday: French
19. Lovely parties
20. U-571, e.g.
21. Ms. McLachlan
22. Edith Wharton novel, Ethan __
23. Shakespeare's tragic character
25. Water wheel
27. Porridge particle
28. "Sounds like _ __!"
29. For
32. "Black Horse & The Cherry Tree" by KT __
35. Published
37. "That __ __ it should be."
38. Become knowledgeable
40. Olive genus
41. Crack
43. Montreal singer, Nikki __
45. Tokyo, once
46. Pirate's exclamation!
48. Diner offering
49. Super-__
50. Prophet
53. Plunge the potato chip again
56. "Sheesh!"
58. Did a marathon
59. Bar soap brand, __ Spring
60. Chaps
61. __ fide
62. Leonardo da __ (b.1452 - d.1519)
63. Concerning, office-style: 2 wds.
64. International oil gr.
65. Toronto __ Centre
66. Adam's abode
67. Library communication starter

Down
1. Informally flatten
2. __ New Guinea
3. Clothing retailer founded in 1985 in Toronto: 2 wds.
4. Swiss peak
5. Buddhist who has attained Nirvana
6. See: French
7. Nova Scotia's slogan, Canada's __ __
8. Artist Andy
9. "Echo Beach" by Martha and The __
10. Canadian __ Company
11. Capable of: 2 wds.
12. Feel
13. Gaelic
21. Cobblestone
24. Westerns prop
26. "The Office" star
Mr. Wilson
28. Bar drink
29. For example... beans, chick peas and lentils: 2 wds.
30. Be in need of Febreze
31. Singer/actress, Aubrey __
32. Sandcastle's swoosher
33. Pre-owned
34. _ __ of faith
36. Actress Ms. Vergara
39. Encouraging shout!
42. Manitoba city northwest of Winnipeg
44. Grand Ole __
47. Archie Comics character
49. Bee Gees genre
50. Mary-Kate or Ashley
51. Paths
52. Legislate
53. Tear apart
54. Suffix with 'Ranch'
55. Exertion
57. Ancient harp
61. Cyndi Lauper tune: "She __"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		3		2		6	
		6	5		4	3		
2								5
		9		1		8		
7								9
		4		5		1		
4								7
		3	4		7	2		
	1		8		9		4	

Yesterday's Sudoku

2	3	5	8	7	1	6	9	4
9	6	7	2	4	5	1	3	8
1	8	4	6	3	9	2	7	5
7	9	6	1	5	3	8	4	2
5	4	3	9	8	2	7	1	6
8	2	1	7	6	4	9	5	3
3	1	8	5	2	7	4	6	9
6	5	9	4	1	8	3	2	7
4	7	2	3	9	6	5	8	1

Weather

TODAY	FRIDAY	SATURDAY
MAX: 30° MIN: 20°	MAX: 24° MIN: 14°	MAX: 26° MIN: 18°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
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